

Keeping my BA skills fresh

What are the key points of behavioural activation?

Even if you are feeling well, take a few moments to read through Section 3 again and the key points of how to use it and steps needed to carry it out. This is a great way to ensure you know what to do if you need the skills again.

Do I feel confident that I know how to use BA again if I needed to? What is the main way in which BA works?

Date of my next review day:

Put this on my calendar or phone so I will see it as a reminder.